

RECREATION



Do Your Own Thing

California conjures images of surfing Malibu, golfing at Pebble Beach or Palm Springs, hiking through redwood forests, skiing at Tahoe. They're all here. But don't forget hooking a rockfish off Half Moon Bay, running the rapids in the Gold Country, steering a sailboard in the breezes of San Diego, pitching a tent overlooking 7,000-foot-high Big Bear Lake — and so much more. Here are some suggestions for getting the most out of California outdoors, with special recommendations from locals.

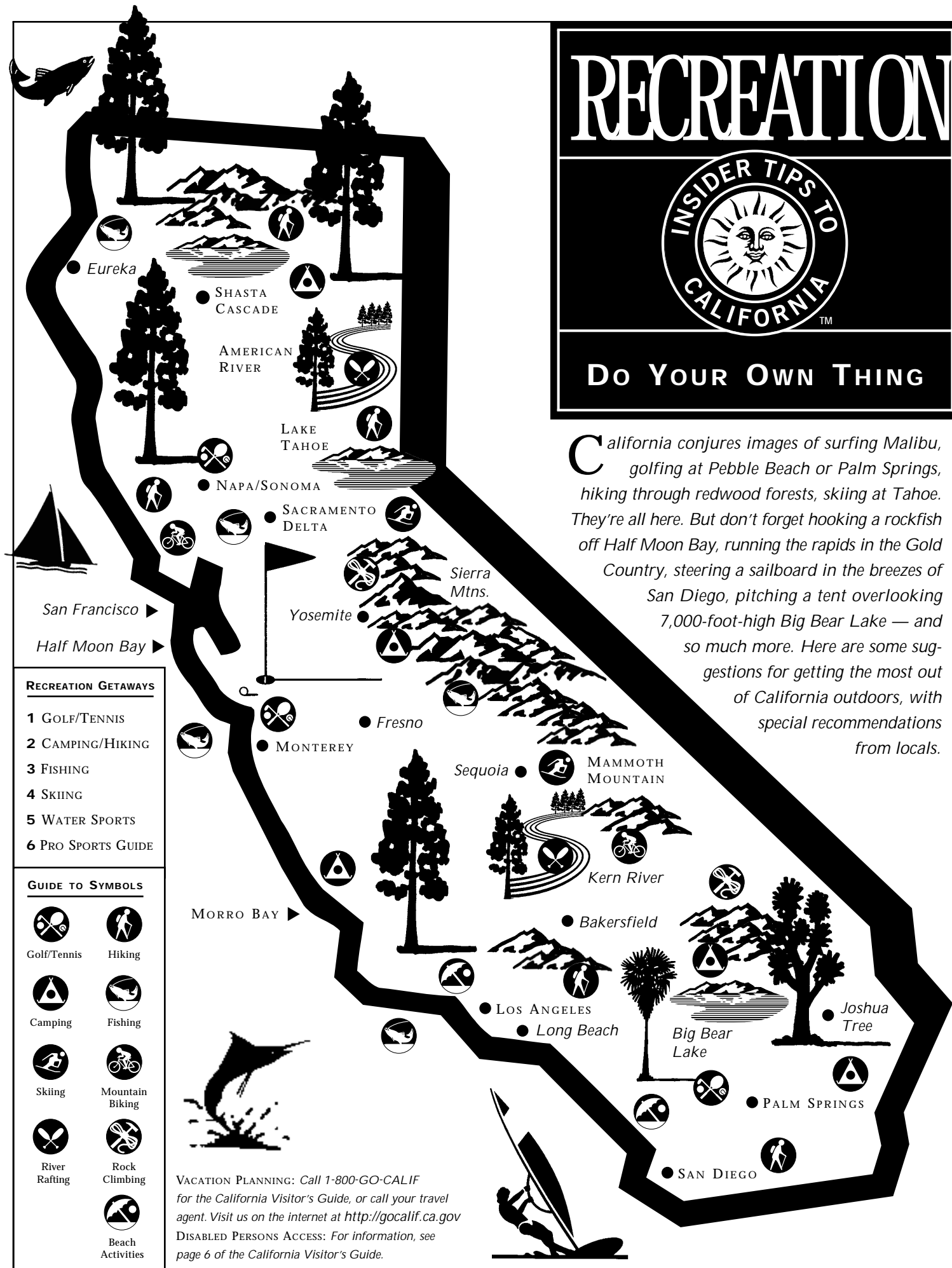
RECREATION GETAWAYS

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GUIDE TO SYMBOLS

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| | |
| Golf/Tennis | Hiking |
| | |
| Camping | Fishing |
| | |
| Skiing | Mountain Biking |
| | |
| River Rafting | Rock Climbing |
| | |
| Beach Activities | |

VACATION PLANNING: Call 1-800-GO-CALIF for the California Visitor's Guide, or call your travel agent. Visit us on the internet at <http://gocalif.ca.gov>
 DISABLED PERSONS ACCESS: For information, see page 6 of the California Visitor's Guide.



1 GOLF & TENNIS GETAWAYS



RECREATIONAL RESORTS

You can tee it up or serve it up year-round in California at resorts set amid some of

LOCALS RECOMMEND

DRIVING LESSONS

☛ Golf University of San Diego, Rancho Bernardo Inn: 3 to 4-day packages year-round.

☛ La Costa Golf School, La Costa Resort and Spa, Carlsbad: year-round, includes high-tech video instruction.

☛ John Jacobs Practical Golf School, Marriott's Desert Springs Resort, Palm Desert: 5-day programs, winter months.

☛ Golf Digest School, Quail Lodge Resort, Carmel Valley: 2-5-day packages year-round.

☛ John Jacobs Practical Golf School, Inn at Napa Valley: 5-day program, Char-donnay Golf Course.

the world's most beautiful and varied landscapes, then relax in luxury spas at the end of the day.

Napa/Sonoma. Just 50 miles north of San Francisco, Napa and Sonoma Wine Country resorts attract lovers of golf, tennis and hot springs with promises of mild weather and a backdrop of bucolic vineyards. Top recreational resorts in the Napa Valley include Silverado

Country Club and Meadowood Resort.

Monterey. On the Central Coast, the Monterey Peninsula offers 15 golf courses and resorts famed throughout the world for their settings of sea, sand, fog and forest. Just along the famous 17-Mile Drive, you'll find a half-dozen premier courses, including the Pebble Beach Golf Links and the Links at Spanish Bay, both open to the public. The Peninsula's tennis and spa facilities are also exceptional.

Palm Springs/San Diego. In the deserts east of LA, the Palm Springs area features nearly 80 lush, green golf courses, some 600 tennis courts and a host of luxury spa facilities, many built around natural hot springs. Top recreational resorts are located in Indian Wells, Palm Desert and Rancho Mirage. And in the equally sunny San Diego region, superb golf, tennis and spa resorts are tucked along the ocean from Coronado to Carlsbad.

2 CAMPING & HIKING GETAWAYS



CAMPING

With more than 14,000 campsites in California's state park system, you can pick from a variety of terrains, climates and scenic views.

At the Beach. For oceanside camping just off scenic Highway 1, try Morro Strand State Beach, Morro Bay State Park and Montana de Oro State Park, all near the Central Coast town of Morro Bay. Pitch a tent or park a motor home, then visit nearby Morro Bay Wildlife Refuge, home of pelicans, herons and egrets.

In the Woods. With Lake Tahoe lapping at your feet, set up camp from June to mid-October at D. L. Bliss, Emerald Bay or Sugar Pine Point State Parks. Then relax on the sandy beach or hike the magnificent Rubicon Trail. Mountainous Big Bear Lake east of LA is the site of numerous campgrounds that offer access to fishing, hiking, bicycling and bird-watching. The lake's North Shore is especially rustic.

HIKING

From relaxing strolls in virgin forests to challenging treks up mountain peaks, California offers hiking trails for every ability.

Santa Monica Mountains. Remarkably close to LA, hilly trails abound here, from wilderness hikes in rugged Topanga State Park to gentle walks at Franklin Canyon Ranch.

Accessible Hiking in San Diego. The Riparian Trail at Stelzer County Park near El Cajon features wide, easy trails designed with wheelchairs in mind.

Shasta/Cascade.

For spectacular mountain hiking, head for Lassen Volcanic National Park, where a trail leads up 2,000 feet to the snowy summit of Lassen Peak (most summers, no technical gear is needed).

LOCALS RECOMMEND

CAMPING WITH A VIEW

☛ Patrick's Point State Park, Trinidad: stunning views of Pacific coast, near redwood forests.

☛ Emerald Bay State Park, Lake Tahoe: 100 campsites along lake's most scenic shoreline.

☛ Tuolumne Meadows, Yosemite National Park: high-country splendor.

3 FISHING GETAWAYS



DEEP SEA

At points all along California's Pacific coastline, vessels set out on half-day or full-day sportfishing trips in search of deep-sea bounty.

About 45 minutes down the coast from San Francisco, the picturesque town of Half Moon Bay is a launch site for deep-sea fishing excursions in search of rockfish, salmon and halibut. Boats leave from Pillar Point and Princeton harbors

and head for the rich waters of Deep Reef off the San Mateo County Coast.

In Southern California, sport-fishing boats set out from the port of Long Beach and nearby San Pedro, just south of Los Angeles, in search of sea bass, bonita, halibut and barracuda.

CENTRAL VALLEY With a thousand miles of navigable

LOCALS RECOMMEND

WINDSURFING HEAVENS



☛ Mission Bay, San Diego: smooth waters and light breezes, rent from one of several marinas.

☛ Dana Point, Orange County: marina set below scenic ocean bluff.

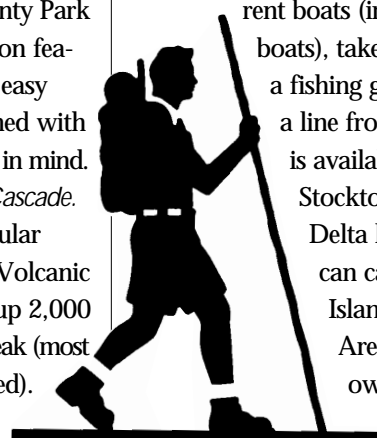
☛ Marina del Rey, LA: good for beginners.

☛ Brannan Island State Park: world-class windsurfing in the Delta.

☛ San Francisco Bay: off Crissy Field by the Golden Gate; experienced sailboarders only.

waters, California's Delta, between San Francisco and Sacramento, is one of the nation's top marine recreation areas. Delta waters are famed for their striped bass and salmon runs in autumn and year-round catches of giant sturgeon, black bass, bluegill and catfish. You can

rent boats (including house-boats), take fishing tours, hire a fishing guide or toss out a line from a pier. Lodging is available in the city of Stockton and many other Delta locations, or you can camp at Brannan Island State Recreation Area, which has its own boat launch.



4 SKIING GETAWAYS



MAMMOTH MOUNTAIN

Set on the eastern slopes of the central Sierra, 11,000-foot-high Mammoth

LOCALS RECOMMEND

SKI RACES FOR ALL

☛ NASTAR racing, Mammoth Mountain: *compete against your friends and members of the US Ski Team, each Sunday afternoon.*

☛ Cross Country Citizen Race, Kirkwood, Tahoe: *January 21 race for Nordic enthusiasts.*

☛ Valentine's Day Couples Race, Northstar-at-Tahoe: *annual competition for racers with heart.*

☛ Alpine Meadows Family Challenge, Tahoe: *families compete in annual favorite, April 6.*

Mountain is the favorite Sierra getaway for southern Californians, luring crowds with 30 ski lifts and 150 trails. Mammoth is best known for its vast open slopes and superb backcountry routes for cross-country skiing, with a season typically running from November until early June.

LAKE TAHOE

With some 20

downhill and cross-country ski resorts just a four-hour drive from San Francisco, the Lake Tahoe basin in the northern Sierra offers the most skiing of any comparably sized area in the country. You can choose between small, low-key facilities and world-class resorts that feature trails for every skill level; many offer lesson and lodging packages. Ski season typically runs from mid-November to April, but a few resorts stay open through late spring. Count on sunny, crisp weather for much of the season.

Along Tahoe's South Shore, head for Heavenly Valley, with 23 ski lifts and 79 runs spreading across two states; Sierra-at-Tahoe, a favorite of Californians; or Kirkwood, set in an alpine village 30 miles south of the lake. Along the North Shore, more than a dozen resorts await, including Alpine Meadows, where the skiing often stretches to May or June; Northstar-at-Tahoe, a popular family resort; and Squaw Valley, which hosted the 1960 Winter Olympics.

5 WATER SPORTS GETAWAYS



RIVER/LAKE

Whether you enjoy relatively serene sports such as sailing and fishing, or more action-packed adventures such as white-water rafting, jetskiing or parasailing, you'll find them along California's scenic rivers and lakes.

White water enthusiasts flock to the South Fork of the American River in the Gold Country, where rafters brave rapids named "Satan's Cesspool" and "Troublemaker." Jetskiers and parasailers can feel the wind and spray at Lake Tahoe in the Sierra Mountains, North America's largest alpine lake. Other top lakes for water recreation are Shasta Lake in Northern California and Big Bear Lake in Southern California. All three offer numerous marinas where you can rent sailboats, fishing boats and other types of craft.

SOUTH COAST BEACHES

With more than 40 public beaches along the 105-mile coast from Los Angeles through Orange County, it's easy to find great spots for ocean recreation.

For super surfing check out Malibu, Newport Beach (experts can try "The Wedge"), Huntington and Doheny (good for beginners). Sailboats and sailboards head out from Marina del Rey, Newport and Balboa. Marine life reserves at Dana Point, Laguna Beach and

Newport Beach welcome snorkelers and scuba divers, while tide pools, caves and sandy beaches make Corona del Mar fun to explore. Laguna's Main Beach Park is a prime place for seaside action, including beach volleyball.

LOCALS RECOMMEND

TOP WHITE WATER RUNS



☛ Trinity River: *raft "Hell Hole," "The Slot" and "Zig-Zag" in half-day class III+ rapids.*

☛ Upper Klamath River: *near Oregon border, 17 miles of class IV white water.*

☛ Merced River: *near Yosemite in Sierra Mtns., class III-IV one-day run.*

☛ Upper Kern: *one-day, 10-mile, class III and IV runs in the southern Sierra.*

☛ Kings River: *class III near Fresno; good for beginners.*

6 PRO SPORTS GUIDE

BASEBALL: APRIL TO OCTOBER

CALIFORNIA ANGELS

Anaheim Stadium (714) 634-2000

LOS ANGELES DODGERS

Dodger Stadium (213) 224-1400

OAKLAND A's

Oakland Coliseum (510) 638-0500

SAN FRANCISCO GIANTS

Candlestick/3 Com Park (415) 467-8000

SAN DIEGO PADRES

Jack Murphy Stadium (619) 283-4494

BASKETBALL: OCTOBER TO APRIL

GOLDEN STATE WARRIORS

Oakland Coliseum Arena (510) 638-6300

LOS ANGELES CLIPPERS

LA Memorial Sports Arena (213) 748-8000

LOS ANGELES LAKERS

Great Western Forum (310) 419-3121

SACRAMENTO KINGS

Arco Arena (916) 928-6900

HOCKEY: NOVEMBER TO MARCH

LOS ANGELES KINGS

Great Western Forum (310) 673-1300

MIGHTY DUCKS OF ANAHEIM

Arrowhead Pond of Anaheim (714) 704-2500

SAN JOSE SHARKS

San Jose Arena (408) 287-4275

FOOTBALL: AUGUST TO DECEMBER

OAKLAND RAIDERS

Oakland Coliseum (800) 949-2626

SAN DIEGO CHARGERS

Jack Murphy Stadium (619) 280-2111

SAN FRANCISCO 49ERS

Candlestick/3 Com Park (415) 468-2249

PARTICIPATORY SPORTS:

California Ski Industry Association: (415) 543-7036

California Department of Fish and Game: (916) 227-2244

California Outdoors Hotline (river rafting, kayaking): (800) 552-3625

